

Butternut and Ginger Soup

Recipe Summary:

Preparation Time: 1 hour

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1

Ingredients:

- ♣ 1 tsp mild olive oil
- ♣ 1-1/2 cups onion, chopped
- ♣ 3 cloves garlic, crushed
- ♣ 2 tsp fresh ginger, chopped
- ♣ 1-1/2 lbs (6 cups) peeled raw butternut or other winter squash
- ♣ ½ lb (1 cup) new potatoes, peeled and chopped
- ♣ 1 cup unsweetened 100% apple juice
- ♣ 3 cups water
- ♣ ½ cup skim milk
- ♣ ½ tsp salt

garnish:

- ♣ ½ (1/2 cup) Granny Smith apple, chopped
- ♣ 2 Tbsp parsley, chopped

Directions:

Heat the oil in a high-sided skillet or large saucepan on medium high. Saute the onions three minutes, or until it starts to wilt. Add the garlic and ginger and cook one minute longer. Add the squash, potatoes, 100% apple juice, and water or broth. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft. Puree in a blender or processor, in batches, until smooth. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with chopped apple and parsley.

*Recipe from www.5aday.gov